

S'LICHOT



K4A Transliteration Guidelines

Please note that transliteration guidelines are different according to each culture and also within each movement of Judaism. We have developed these guidelines for use with our transliterated documents. They may or may not apply to transliterations put out by other movements including the various organizations teaching Kabbalah.

- a** as in father
- ai** as in aisle
- e** as in red
- ei** as in eight
- i** as in pizza
- o** as in no
- oi** as in toy
- oy** as in toy
- u** as in tune
- ch** as in Bach in German (strong sound from the throat)
- g** as in give
- tz** as in lots
- ' typically adds an "EH" sound after a consonant, this is known as a Shva Na or pronounced Shva as in the word "Sh'ma".
- a dash is simply used to aid in pronunciation, usually if two like vowels follow each other, as in the word "da-at."

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. In our transliteration, when the syllable falls somewhere else other than the last syllable, that stressed syllable will be underlined. Example: Melech.

Hebrew Rules

The following are some of the Hebrew rules you may notice in our siddurim (connection books).

מֶלֶךְ

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. Whenever a syllable other than the last is accented, a "meteg" (the vertical line under the first letter) will appear.

כֹּל

The "masoret" above the letter Chaf indicates that this is a Kamatz Katan, which is pronounced as "o"; in this example the word is "kol."

יִשְׁמְחוּ

The "rafe" above a letter indicates it is a Shva Na. This example is pronounced yism'chu. Note that the rafe does not appear above the first letter of a word that has a Shva as that is ALWAYS a Shva Na.

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All prefaces to prayers written and adapted by David-Anthony Curtis.

Transliterated according to the K4A Transliteration Guidelines developed by David-Anthony Curtis and Rebecca Schwartz.

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סליחות

ABOUT S'LICHOT

Used each day during the month of Elul and in the days between Rosh Hashanah and Yom Kippur this connection unites us with the Light and with the consciousness of s'lichah, which means forgiveness, and we cleanse ourselves of our past negative actions. The best time to do this connection is between midnight and dawn, for it is during this time when mercy is awakened.

The month of Elul is dedicated to teshuvah, which means to return. We return to ourselves through introspection and to the Light through repentance for any negative actions we may have done. It is not enough to just do this connection, we must also feel repentance for those actions and seek to correct them. The negative actions that we do determine our destiny. Teshuvah is the means through which we can reverse the effects of our negative past actions. It gives us the ability to go back in time and transform the negative into positive. Therefore, we can change history through our thoughts, remove chaos from our lives, and balance the accounts that remain open between ourselves and others.

We know that spiritual transformation is like a garden, we can't simply plant the seeds and expect them to grow. We must also water and tend them. Likewise, we must dedicate time to our transformation.

It is important to remember that the Creator has no need of our prayers, but through them we sense the Light within and our purpose in the world. In order for actions to have an effect in our world and in our lives they must be coupled with the proper/matching intentions. Without intention, kavanah as known by the Kabbalists, our actions are meaningless. Since most of us lead hectic lives, and with that in mind, we have created an abbreviated S'lichot connection. The traditional connection normally takes an hour to complete. For those who wish to do the entire connection, we have included the Hebrew for scanning (without translation or transliteration).

אשרי

ASHREI

We find 21 of the 22 letters of the Hebrew alphabet encoded in this Psalm of David. The first letter of each word of each verse is the alphabet in its order. Nun was intentionally left out by King David because it has the same numeric value as the Hebrew word for falling, which would indicate a spiritual falling. This Psalm assists us to bring order and the power of creation into our lives.

Ashrei yosh'vei veitecha,
Happy are those who dwell in Your house,
od y'hal'lucha selah.
they will forever praise You.

Ashrei ha-am shekachah lo,
Happy the people whose portion is this,
ashrei ha-am she-Adonai Elohav.
happy the people for whom Hashem is their Elohim.
T'hilah l'David,

A Psalm of David,
Aromimcha Elohai ha-melech,
I shall exalt You, my Eternal One, the Sovereign,
va-avar'chah shimcha l'olam va-ed.
and I shall bless Your name forever and ever.

B'chol yom avar'cheka,
I shall bless You every day,
va-ahal'lah shimcha l'olam va-ed.
and I shall praise Your name forever and ever.

Gadol Adonai um'hulal m'od,
Great is Hashem and exceedingly praised,
v'ligdulato ein cheiker.
the Eternal's greatness is unfathomable.

Dor l'dor y'shabach ma-asecha,
Generation to generation shall praise Your actions,
ugvurotecha yagidu.
and recount Your mighty deeds.

Hadar k'vod hodecha,
The brilliance of Your splendid glory,
v'divrei nifl'otecha asichah.
and the wonders of Your acts, I shall speak of.

Ve-ezuz norotecha yomeiru,
They shall speak of the might of Your awesome acts,
ugdulat'cha asaprenah.
and I shall tell of Your greatness.

Zecher rav tuv'cha yabiyu,
They shall remember Your abundant goodness,
v'tzidkat'cha y'raneinu.
and Your righteousness they shall joyfully proclaim.

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ,
עוֹד יִהְלְלוּךָ סֵלָה.
אֲשֶׁרִי הָעַם שְׂכַנְתָּה לּוֹ,
אֲשֶׁרִי הָעַם שֶׁיְהוָה אֱלֹהָיו.
תְּהִלָּה לְדָוִד,
אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ,
וְאֶבְרַכְתָּה שְׁמֶךָ לְעוֹלָם וָעֶד.
בְּכֹל יוֹם אֶבְרַכְךָ,
וְאֶהְלַלְתָּה שְׁמֶךָ לְעוֹלָם וָעֶד.
גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד,
וְלִגְדֻלְתּוֹ אֵין חֵקֶר.
דּוֹר לְדוֹר יִשְׁבַח מַעֲשֶׂיךָ,
וְגִבּוֹרֹתֶיךָ יִגִּידוּ.
הַדָּר כְּבוֹד הוֹדֶךָ,
וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.
וְעִזּוֹז נִוְרָאוֹתֶיךָ יֹאמְרוּ,
וְגִדְלַתְךָ אֲסַפְּרָנָה.
זָכַר רַב טוֹבְךָ יִבְיַעוּ,
וְצִדְקַתְךָ יִרְנְנוּ.

Chanun v'rachum Adonai,
Gracious and merciful is Hashem,
 erech apayim ugdol chased.
slow to anger and great in kindness.
 Tov Adonai lakol,
Hashem is good to all,
 v'rachamav al kol ma-asav.
Your compassion extended to all of Your creatures.
 Yoducha Adonai kol ma-asecha,
All that You have made shall thank You Hashem,
 vachasidecha y'var'chuchah.
and Your pious ones shall bless You.
 K'vod malchut'cha yomeiru,
They shall speak of the glory of Your realm,
 ugvurat'cha y'dabeiru.
and talk of Your mighty deeds.
 L'hodiya livnei ha-adam g'vurotav,
Your mighty deeds You make known to all humankind,
 uchvod hadar malchuto.
and the glory of Your splendid realm.
 Malchut'cha malchut kol olamim,
Yours is the realm of all worlds,
 umemshalt'cha b'chol dor vador.
and Your reign extends to each and every generation.
 Someich Adonai l'chol hanof'lim,
Hashem supports all those who fall,
 v'zokeif l'chol hak'fufim.
and holds upright all those who are bent over.
 Einei chol eilecha y'sabeiru,
The eyes of all look hopefully towards You,
 v'atah notein lahem
and You give them their food
 et ochlam b'ito.
at its proper time.
 Potei-ach et yadecha,
You open Your hand,
 umasbiya l'chol chai ratzon.
and satisfy every living thing with its desire.
 Tzadik Adonai b'chol d'rachav,
Hashem is righteous in every way,
 v'chasid b'chol ma-asav.
and virtuous in all deeds.
 Karov Adonai l'chol kor'av,
Hashem is close to all who call,
 l'chol asher yikra-uhu ve-emet.
and to all who call in truth.
 R'tzon y'rei-av ya-aseh,
You fill the desires of all who revere You,

חַנוּן וְרַחוּם יְהוָה,
 אֶרֶךְ אַפַּיִם וְגָדוֹל חַסֵּד.
 טוֹב יְהוָה לְכֹל,
 וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.
 יוֹדוּךָ יְהוָה כָּל מַעֲשֵׂיךָ,
 וְחַסִּידֶיךָ יְבָרְכוּכָה.
 כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ,
 וְגִבּוֹרֹתֶיךָ יִדְבְּרוּ.
 לְהוֹדִיעַ לְבְנֵי הָאָדָם גְּבוּרֹתָיו,
 וְכְבוֹד הַדָּר מַלְכוּתוֹ.
 מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים,
 וּמִמְשַׁלְתֶּךָ בְּכֹל דּוֹר וָדוֹר.
 סוֹמֵךְ יְהוָה לְכֹל הַנִּפְלִים,
 וְזוֹקֵף לְכֹל הַכְּפוּפִים.
 עֵינֵי כֹל אֵלֶיךָ יִשְׁבְּרוּ,
 וְאַתָּה נוֹתֵן לָהֶם
 אֶת אֲכֻלָּם בְּעֵתוֹ.
 פּוֹתֵחַ אֶת יָדְךָ,
 וּמַשְׂבִּיעַ לְכֹל חַי רָצוֹן.
 צַדִּיק יְהוָה בְּכֹל דְּרָכָיו,
 וְחַסִּיד בְּכֹל מַעֲשָׂיו.
 קָרוֹב יְהוָה לְכֹל קוֹרְאָיו,
 לְכֹל אֲשֶׁר יִקְרָאֵהוּ בְּאֱמֶת.
 רָצוֹן יִרְאֶיו יַעֲשֶׂה,

v'et shavatam yishma v'yoshi-eim.

You respond to us with the promise of redemption.

Shomeir Adonai et kol ohavav,

Hashem You protect all who love You,

v'et kol har'sha-im yashmid.

and You destroy all the wicked.

T'hilat Adonai y'dabeir pi,

My lips utter the praise of Hashem,

vivareich kol basar sheim kodsho

and may all flesh praise the holy Name

l'olam va-ed.

for ever and ever.

Va-anachnu n'vareich Yah,

And we shall bless You Eternal One,

mei-atah v'ad olam, hal'lu-Yah.

from this time until eternity, praise the Eternal One.

וְאֵת שׁוֹעֲתָם יִשְׁמַע וְיִוְשִׁיעֵם.

שׁוֹמֵר יְהוָה אֶת כָּל אֲהַבָּיו,

וְאֵת כָּל הַרְשָׁעִים יִשְׁמִיד.

תְּהִלַּת יְהוָה יְדַבֵּר פִּי,

וַיְבָרֵךְ כָּל בָּשָׂר שֵׁם קֹדֶשׁוֹ

לְעוֹלָם וָעֶד.

וְאֲנַחְנוּ נְבָרֵךְ יְהוָה,

מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהוּ.

חֲצִי קַדִּישׁ CHATZI KADDISH

The spiritual atmosphere is made up of five levels of the soul and ten S'firot. We need a tool which connects us to the different realms, one at a time. The Kaddish is that tool and it is also the channel through which the Light flows to us.

Yitgadal v'yitkadash sh'meih raba.

Exalted and sanctified be the Eternal One's great Name.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world created according to the Eternal One's will,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

v'yatzmach purkaneih

and cause redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In our lifetimes and in our days

uvchayei d'chol beit Yisrael,

and in the lives of the entire house of Israel,

ba-agala uvizman kariv,

quickly and speedily may it come,

v'imru Amein. {Amein.}

and let us say amen. Amen.

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ul-al'mei al'maya.}

forever and ever.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and extolled and magnified

v'yitromam v'yitnasei v'yit-hadar

and hailed and exalted and honored

v'yit-aleh v'yit-halal

and glorified and praised

sh'meih d'kudsha b'rich hu,

be the Holy One whose Name is blessed,

l'eila min kol birchata v'shirata

who is beyond all blessings or songs

tushb'chata v'nechemata,

or praises or words of consolation,

da-amiran b'al'ma,

that can be uttered in this world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ,

וַיִּמְלִיךְ מַלְכוּתָהּ,

וַיִּצְמַח פְּרֻקְנָהּ

וַיִּקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר

וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר

וַיִּתְעַלֶּה וַיִּתְהַלָּל

שְׁמֵהּ דְקַדְשָׁא בְרִיךְ הוּא,

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשֻׁבַּחַתָּא וְנַחֲמַתָּא,

דְאָמִירָן בְּעֵלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

לך הי L'CHA HASHEM

This prayer assists in the cleansing process of our soul by removing all the negative energy that we may have accumulated in the past year.

L'cha Adonai hatzdakah,

For Yours, Hashem, is righteousness,

v'lanu boshet hapanim.

and ours is nothing but shame.

Mah nit-onein, mah nomar,

How can we complain, what can we say,

mah n'dabeir, umah nitz-tadak.

what can we declare, and how can we be justified?

Nachp'sah d'racheinu v'nachkorah,

Let us search our ways and probe them,

v'nashuvah Eilecha,

and return to You,

ki y'min'cha f'shutah l'kabeil shavim. כי ימינך פשוטה לקבל שבים.

for Your right hand is outstretched to accept those who return.

Lo v'chesed v'lo

Through Your mercy

v'ma-asim banu l'fanecha,

we have come before You,

k'dalim uchrashim dafaknu d'latcha. כדלים וכרשים דפקנו דלתיך.

like the poor and destitute we knock on Your door.

D'latcha dafaknu rachum v'chanun,

At Your door do we knock merciful and gracious One,

na al t'shivenu reikam mil'fanecha.

do not turn us away empty handed from before You.

Mil'fanecha malkeinu reikam al

From before You, our Sovereign, empty handed do not

t'shivenu, ki atah

turn us away, for You

shomei-a t'filah.

hear prayer.

לך ה' הצדקה,

ולנו בִּשְׁתַּת הַפָּנִים.

מַה נִּתְאוּנָן, מַה נֹּאמֵר,

מַה נִּדְבִיר, וּמַה נִּצְטַדֵּק.

נַחֲפֹשֶׂה דְרַכֵּינוּ וְנַחֲקֹרָה,

וְנָשׁוּבָה אֵלֶיךָ,

כִּי יְמִינְךָ פְּשׁוּטָה לְקַבֵּל שָׁבִים.

לֹא בְּחֶסֶד וְלֹא

בְּמַעֲשֵׂים בָּאָנוּ לְפָנֶיךָ,

כְּדָלִים וְכָרְשִׁים דְּפָקְנוּ דְלַתֵּיךָ.

דְלַתֵּיךָ דְּפָקְנוּ רַחוּם וְחַנוּן,

נָא אַל תְּשִׁיבֵנוּ רֵיקָם מִלְּפָנֶיךָ.

מִלְּפָנֶיךָ מִלְּפָנֵינוּ רֵיקָם אַל

תְּשִׁיבֵנוּ, כִּי אַתָּה

שׁוֹמֵעַ תְּפִלָּה.

סליחות

S'LICHOT

S'lichot literally means forgiveness. The Thirteen Attributes reflect the thirteen different aspects of our relationship with the Creator. There are twelve signs of the zodiac that control our reactive ego nature. Thirteen is one number above that, which gives us control over the signs and control over our reactive nature. Through the following blessings, which include the Thirteen Attributes, we connect to the energy of forgiveness.

סְלַח לָנוּ אֲבֵינוּ, כִּי בְרוּב אִוְלַתָּנוּ שָׁגִינוּ,

S'lach lanu avinu, ki v'rov ivalteinu shaginu,
Forgive us our Creator, for in the abundance of our folly we have erred,

מַחֵל לָנוּ מַלְכֵנוּ, כִּי רַבּוּ עֲוֹנוֹנוּ.

m'chal lanu malkeinu, ki rabu avoneinu.
pardon us, our Sovereign, for our iniquities are many.

Eil erech apayim atah,

Eternal One, You are slow to anger,

uva-al harachamim nikreita,

and You are called the Ruler of mercy,

v'derech t'shuvah horeita.

and You have taught the way of return.

G'dulat rachamecha vachasadecha,

The greatness of Your mercy and Your kindness,

tizkor hayom uvchol yom

may You remember this day and every day

l'zera y'didecha.

for the offspring of Your beloved ones.

Teifen eileinu b'rachamim,

Turn to us in Your mercy,

ki atah hu ba-al harachamim.

for You are the Ruler of mercy.

B'tachanun uvit-filah panecha

With supplication and prayer Your Presence

n'kadeim, k'hodata

we approach, in the manner that You made known

le-anav mikedem.

to the humble one [Moses] in ancient times.

Meicharon ap'cha shuv,

From the fierceness of Your anger turn back,

k'mo v'Torat'cha katov.

as it is written in Your Torah.

אֵל אַרְךְּ אַפַּיִם אַתָּה,

וּבַעַל הַרְחָמִים נִקְרָאתָ,

וְדַרְךְ תְּשׁוּבָה הוֹרִיתָ.

גְּדֹלַת רַחֲמֶיךָ וְחֶסְדֶיךָ,

תִּזְכֹּר הַיּוֹם וּבְכָל יוֹם

לְזֵרַע יְדִידֶיךָ.

תִּפְּן אֵלֵינוּ בְּרַחֲמִים,

כִּי אַתָּה הוּא בַּעַל הַרְחָמִים.

בְּתַחֲנוּן וּבְתַפִּלָּה פָּנֶיךָ

נִקְדָּם, כְּהוֹדַעְתָּ

לְעַנּוּ מִקְדָּם.

מִחֲרוֹן אַפֶּךָ שׁוּב,

כְּמוֹ בְּתוֹרַתְךָ כָּתוּב.

Uvte^{il} k'nafecha necheseh
In the shadow of Your wings may we find shelter
 v'nitlonan, k'yom vayeired Adonai
and may we dwell, as on the day when Hashem descended
 be-anan. Ta-avor al pesha
in a cloud. Overlook wrongdoing
 v'timcheh ash^{am},
and erase guilt,
 k'yom vayit-yatzeiv imo sham.
as on the day when You stood with him [Moses].
 Ta-azin shavateinu v'takshiv
Give heed to our cry and hear
 menu ma-amar,
from us our declaration,
 k'yom vayikra v'sheim Adonai,
as on the day You called out with the name of Hashem,
 v'sham ne-emar:
and there it was said:
 Vaya-avor Adonai al panav vayikra:
And Hashem passed before [Moses'] face and proclaimed:

וּבְצֵל כְּנַפְיֶךָ נִחְסֶה
 וְנִתְלוֹנָן, כִּיּוֹם וַיֵּרֵד יְהוָה
 בְּעַנָּן. תַּעֲבוֹר עַל פְּשָׁע
 וְתִמְחֶה אֲשָׁם,
 כִּיּוֹם וַיִּתְיַצֵּב עִמּוֹ שָׁם.
 תִּאֲזִין שְׁוַעֲתֵנוּ וְתִקְשִׁיב
 מִנוּ מֵאִמַּר,
 כִּיּוֹם וַיִּקְרָא בְשֵׁם יְהוָה,
 וְשָׁם נִאֶמַר:
 וַיַּעֲבוֹר יְהוָה עַל פָּנָיו וַיִּקְרָא:

We stand during the recitation of the Thirteen Attributes.

יהוה, יהוה,
 Adonai, Adonai,
Hashem, Hashem,
 אֵל, רַחוּם, וְחַנּוּן, אֶרֶךְ
¹⁾Eil, ²⁾rachum, ³⁾v'chanun, ⁴⁾erech
Eternal One, compassionate, and gracious, slow
 אַפַּיִם, וְרַב חֶסֶד,
⁵⁾apayim, ⁶⁾v'rav chesed,
to anger, and abundant in kindness,
 וְאֵמֶת,
⁷⁾ve-emet,
and truth,
 נֹצֵר חֶסֶד לְאַלְפִים,
⁸⁾notzeir chesed ⁹⁾l'alafim,
preserver of kindness for thousands of generations,
 נֹשֵׂא עוֹן, וּפֹשֵׁעַ, וְחַטָּאָה, וְנִקָּה.
¹⁰⁾noseih avon, ¹¹⁾vafesha, ¹²⁾v'chata-ah, ¹³⁾v'nakeih.
Forgiver of iniquity, willful wrongdoing, and error, and who absolves.

וְסַלַחְתָּ לְעוֹנֵינוּ וְלַחַטָּאתֵינוּ וְנַחֲלֵתָנוּ.

V'salachta la-avoneinu ul-chatateinu unchaltanu.

May You forgive our iniquities and our wrongdoings and make us Your heritage.

S'lach lanu avinu ki chatanu,
Forgive us our Creator for we have erred,
m'chal lanu malkeinu ki fashanu.
pardon us our Sovereign for we have willfully erred.
Ki atah Adonai tov v'salach,
For You Hashem are good and forgiving,
v'rav chesed l'chol korecha.
and abundantly kind to all who call upon You.

Chateih Elohai azn'cha ushma,
Incline, my Elohim, Your ear, and listen,
p'dach einecha ureih shom'moteinu,
open Your eyes and see our desolation,
v'ha-ir asher
and that of the city of which
nikra shimcha aleha,
Your Name is proclaimed upon,
ki lo al tzidkoteinu anachnu
for not because of our righteousness do we
mapilim tachanuneinu l'fanecha,
cast our supplications before You,
ki al rachamecha harabim.
but because of Your compassion which is abundant.
Adonai sh'ma-ah, Adonai s'lachah,
Eternal One heed, Eternal One forgive,
Adonai hakshivah, va-aseih al
Eternal One be attentive, and act do not
t'achar, l'ma-ancha Elohai,
delay, for Your sake my Elohim,
ki shimcha nikra al
for Your Name is proclaimed upon
ir'cha v'al amecha.
upon Your City and upon your people.

סַלַח לָנוּ אֲבִינוּ כִּי חָטָאנוּ,
מַחֵל לָנוּ מַלְכֵנוּ כִּי פָשַׁעְנוּ.
כִּי אַתָּה אֲדֹנָי טוֹב וְסַלַח,
וְרַב חֶסֶד לְכֹל קוֹרְאֶיךָ.

הִטָּה אֱלֹהֵי אָזְנֶךָ וּשְׁמַע,
פָּקַח עֵינֶיךָ וּרְאֵה שִׁמְמֹתֵינוּ,
וְהָעִיר אֲשֶׁר
נִקְרָא שִׁמְךָ עָלֶיהָ,
כִּי לֹא עַל צְדִקֹתֵינוּ אֲנַחְנוּ
מִפִּילִים תַּחֲנוּנֵינוּ לְפָנֶיךָ,
כִּי עַל רַחֲמֶיךָ הָרַבִּים.
אֲדֹנָי שְׁמַעָה, אֲדֹנָי סַלַּחָה,
אֲדֹנָי הַקְּשִׁיבָה, וְעֵשֶׂה אֵל
תְּאַחֵר, לְמַעַנְךָ אֱלֹהֵי,
כִּי שִׁמְךָ נִקְרָא עַל
עִירְךָ וְעַל עַמֶּךָ.

שמע קולנו

SH'MA KOLEINU

Through the following blessings, we openly confess our negative actions and ask that our supplications be heard. Humility is the tool which helps us to transform our ego nature. When we humbly acknowledge the negativity we have done and admit to it, we go back in time and change the future.

Sh'ma koleinu, Adonai Eloheinu,

Hear our voice, Hashem our Elohim,

chus v'racheim aleinu,

have pity and compassion on us,

v'kabeil b'rachamim uvratzon

and accept with compassion and favor

et t'filateinu.

our prayer.

Hashiveinu Adonai Eilecha v'nashuvah, *Bring us back to You Hashem and we shall return,*

chadeish yameinu k'kedem.

renew our days as of old.

Al tashlicheinu mil'fanecha,

Do not cast us away from Your Presence,

v'ruach kodsh'cha al tikach mimenu.

and the Spirit of Your Holiness do not take from us.

Al tashlicheinu l'eit ziknah,

Do not cast us away in time of old age,

kichlot kocheinu al ta-azveinu.

do not forsake us when our strength fails.

Al ta-azveinu Adonai,

Do not forsake us Hashem,

Eloheinu al tirschak mimenu.

our Elohim be not distant from us.

Aseh imanu ot l'tovah,

Display for us a sign for good,

v'yiru soneinu v'yeivoshu,

so that our enemies may see it and be ashamed,

ki atah Adonai

for You Hashem

azartanu v'nichamtanu.

will have helped us and consoled us.

Amareinu ha-azinah Adonai,

Hear our words Hashem,

binah hagigeinu.

understand our thoughts.

שמע קולנו, יהוה אלהינו,

חוס ורחם עלינו,

וקבל ברחמים וברצון

את תפלתנו.

השיבנו יהוה אליך ונשובה,

חדש ימינו כקדם.

אל תשליכנו מלפניך,

ורוח קדשך אל תקח ממנו.

אל תשליכנו לעת זקנה,

ככלות כחנו אל תעזבנו.

אל תעזבנו יהוה,

אלהינו אל תרחק ממנו.

עשה עמנו אות לטובה,

ויראו שונאינו ויבשו,

כי אתה יהוה

עזרתנו ונחמתנו.

אמרינו האזינה יהוה,

פינה הגיגנו.

Yih-yu l'ratzon imrei finu
May the words of our mouths
 v'hegyon libeinu l'fanecha,
and the thoughts of our hearts be acceptable before You,
 Adonai tzureinu v'go-aleinu.
Hashem our rock and our redeemer.
 Ki l'cha Adonai hochalnu,
Because for You Hashem do we wait,
 atah ta-aneh, Adonai Eloheinu.
You will answer, Hashem our Elohim.

יְהִיוּ לְרָצוֹן אִמְרֵי פִינוּ
 וְהִגִּיזוּן לִבֵּנוּ לְפָנֶיךָ,
 יְהוּהָ צוּרֵנוּ וְגוֹאֲלֵנוּ.
 כִּי לְךָ יְהוּהָ הוֹחַלְנוּ,
 אַתָּה תַעֲנֵה, אֲדֹנָי אֱלֹהֵינוּ.

וְדוּי VIDUI

During S'lichot we should recognize our short-comings and wrong choices so that we can get closer to the Light. This blessing was designed by the sages in the order of the Hebrew alphabet. We strike our chest with our right hand, as we say each italicized word, to ignite the Light of the Creator within us and to remove our past negativity.

Ana Adonai Eloheinu
We beseech You Hashem our Elohim
 v'Eilohei avoteinu,
and Elohim of our ancestors,
 tavo l'fanecha t'filateinu,
may our prayer come before You,
 v'al tit-alam mitchinateinu,
and do not disregard our plea,
 she-ein anu azei fanim
for we are not arrogant
 uk-shei oref,
and stiff necked,
 lomar l'fanecha Adonai Eloheinu
to say before You Hashem our Elohim
 v'Eilohei avoteinu,
and Elohim of our ancestors,
 tzadikim anachnu v'lo chatanu,
that we are righteous and did nothing negative,
 aval anachnu
for we have transgressed, we
 va-avoteinu chatanu.
and our ancestors have done negative things.
Ashamnu, bagadnu, gazalnu,
We have been guilty, we have betrayed, we have stolen,
dibarnu dofi.
we have spoken slander.

אָנָּא יְהוּהָ אֱלֹהֵינוּ
 וְאֱלֹהֵי אֲבוֹתֵינוּ,
 תָּבֹא לְפָנֶיךָ תְּפִלָּתֵנוּ,
 וְאַל תִּתְעַלֵּם מִתְחִנָּתֵנוּ,
 שֶׁאֵין אָנוּ עֲזֵי פָנִים
 וְקִשֵׁי עֹרֶף,
 לֹמַר לְפָנֶיךָ יְהוּהָ אֱלֹהֵינוּ
 וְאֱלֹהֵי אֲבוֹתֵינוּ,
 צַדִּיקִים אֲנַחְנוּ וְלֹא חַטָּאנוּ,
 אַבֵּל אֲנַחְנוּ
 וְאֲבוֹתֵינוּ חַטָּאנוּ.
 אֲשַׁמְנוּ, בָּגַדְנוּ, גָּזַלְנוּ,
 דִּבַּרְנוּ דּוּפִי.

He-evinu, v'hirshanu, zadnu,
We have done iniquity, we caused wickedness, we transgressed,
chamasnu, tafalnu sheker.
we have extorted, we have made false accusations.
Ya-atznu ra, kizavnu, latznu,
We have given bad advice, we have deceived, we have scorned,
maradnu, ni-atznu, sararnu,
we have rebelled, we have blasphemed, we have strayed,
avinu, pashanu, tzararnu,
we've been iniquitous, we've done misdeeds, we've bound up,
kishinu oref.
we have stiffened our necks.
Rashanu, shichatnu,
We have been wicked, we have been corrupt,
ti-avnu, ta-inu, titanu.
we have detested, we have gone astray, we have cheated.
Sarnu mimitzvotcha umimishpatecha,
We have turned away from Your commandments and Your laws,
hatovim, v'lo shavah lanu.
that are good, and it was not worthwhile for us.
V'atah tzadik al kol
And You are righteous in all
haba aleinu,
that has come upon us,
ki emet asita
for truthfully have You acted,
va-anachnu hirshanu.
while we have acted wickedly.

הַעֲוִינוּ, וְהִרְשָׁנוּ, זָדָנוּ,
 חַמָּסָנוּ, טַפְלָנוּ שֶׁקֶר.
 יַעֲצָנוּ רָע, כִּזְבָּנוּ, לַצָּנוּ,
 מַרְדָּנוּ, נִאֲצָנוּ, סַרְרָנוּ,
 עֲוִינוּ, פָּשָׁנוּ, צָרָרָנוּ,
 קִשִּׁינוּ עֹרֶף.
 רָשָׁנוּ, שִׁחַתָּנוּ,
 תִּי־אָוָנוּ, תִּי־אִינוּ, תִּי־אָוָנוּ.
 סָרְנוּ מִמִּצְוֹתֶיךָ וּמִמִּשְׁפָּטֶיךָ,
 הַטּוֹבִים, וְלֹא שָׁוָה לָנוּ.
 וְאַתָּה צַדִּיק עַל כָּל
 הַבָּא עֲלֵינוּ,
 כִּי אֱמֶת עָשִׂיתָ
 וְאַנַּחְנוּ הִרְשָׁנוּ.

עֲשֵׂה לִמְעַן ASEIH L'MA-AN

The "Aseih L'ma-an" verses in this prayer follow the order of the Hebrew alphabet. Kabbalah teaches that this is significant because it connects us to the spiritual energy of Creation. During Elul, it is important for us to connect to this energy in order to bring renewal to our lives and to return to the Light.

Eil rachum sh'mecha,
Merciful One is Your Name,
Eil chanun sh'mecha,
Gracious One is Your Name,
banu nikra sh'mecha,
upon us is Your Name proclaimed,
Adonai aseih l'ma-an sh'mecha.
Hashem, act for the sake of Your Name.

אֵל רַחוּם שְׁמֶךָ,
 אֵל חַנּוּן שְׁמֶךָ,
 בָּנוּ נִקְרָא שְׁמֶךָ,
 יְהוָה עֲשֵׂה לְמַעַן שְׁמֶךָ.

Aseih l'ma-an amitach.

Act for the sake of Your truth.

Aseih l'ma-an b'ritach.

Act for the sake of Your covenant.

Aseih l'ma-an godtach v'tifartach.

Act for the sake of Your greatness and splendor.

Aseih l'ma-an datach.

Act for the sake of Your law.

Aseih l'ma-an hodach.

Act for the sake of Your glory.

Aseih l'ma-an vi-udach.

Act for the sake of Your assembly.

Aseih l'ma-an zichrach.

Act for the sake of Your remembrance.

Aseih l'ma-an chasdach.

Act for the sake of Your kindness.

Aseih l'ma-an tuvach.

Act for the sake of Your goodness.

Aseih l'ma-an yichudach.

Act for the sake of Your Oneness.

Aseih l'ma-an k'vodach.

Act for the sake of Your honor.

Aseih l'ma-an limudach.

Act for the sake of Your students.

Aseih l'ma-an malchutach.

Act for the sake of Your sovereignty.

Aseih l'ma-an nitz-chak.

Act for the sake of Your eternity.

Aseih l'ma-an sodach.

Act for the sake of Your secret revealed to those in awe of You.

Aseih l'ma-an uzach.

Act for the sake of Your power.

Aseih l'ma-an p'eirach.

Act for the sake of Your glory.

Aseih l'ma-an tzidkatch.

Act for the sake of Your righteousness.

Aseih l'ma-an k'dushatach.

Act for the sake of Your holiness.

Aseih l'ma-an rachamanutach.

Act for the sake of Your abundant mercy.

Aseih l'ma-an Sh'chinatach.

Act for the sake of Your Sh'chinah (Divine Presence).

Aseih l'ma-an Toratach.

Act for the sake of Your Torah.

Aseih l'ma-an ohavecha

Act for the sake of those who loved you

shoch'nei afar.

who rest in the dust.

עֲשֵׂה לְמַעַן אֲמִתְךָ.

עֲשֵׂה לְמַעַן בְּרִיתְךָ.

עֲשֵׂה לְמַעַן גְּדֻלַּתְךָ וְתִפְאֶרֶתְךָ.

עֲשֵׂה לְמַעַן דִּתְךָ.

עֲשֵׂה לְמַעַן הוֹדְךָ.

עֲשֵׂה לְמַעַן וְעוֹדְךָ.

עֲשֵׂה לְמַעַן זְכוֹרְךָ.

עֲשֵׂה לְמַעַן חֶסֶדְךָ.

עֲשֵׂה לְמַעַן טוֹבְךָ.

עֲשֵׂה לְמַעַן יְחִוּדְךָ.

עֲשֵׂה לְמַעַן כְּבוֹדְךָ.

עֲשֵׂה לְמַעַן לְמוֹדְךָ.

עֲשֵׂה לְמַעַן מַלְכוּתְךָ.

עֲשֵׂה לְמַעַן נִצְחָךָ.

עֲשֵׂה לְמַעַן סוֹדְךָ.

עֲשֵׂה לְמַעַן עֹזְךָ.

עֲשֵׂה לְמַעַן פְּאֶרְךָ.

עֲשֵׂה לְמַעַן צְדָקָתְךָ.

עֲשֵׂה לְמַעַן קְדוּשַׁתְךָ.

עֲשֵׂה לְמַעַן רַחֲמָנוּתְךָ.

עֲשֵׂה לְמַעַן שְׁכִינָתְךָ.

עֲשֵׂה לְמַעַן תּוֹרָתְךָ.

עֲשֵׂה לְמַעַן אוֹהֵבֶיךָ

שׁוֹכְנֵי עָפָר.

Aseih l'ma-an Avraham

Act for the sake of Abraham,

Yitz-chak v'Ya-akov.

Isaac, and Jacob.

Aseih l'ma-an Moshe v'Aharon.

Act for the sake of Moses and Aaron.

Aseih l'ma-an David uShlomoh.

Act for the sake of David and Solomon.

Aseih l'ma-an Y'rushalayim

Act for the sake of Jerusalem

ir kodshecha.

the city of Your holiness.

Aseih l'ma-an Tziyon

Act for the sake of Zion

mishkan k'vodecha.

the abode of Your glory.

Aseih l'ma-an shim'mot heichalecha.

Act for the sake of the desolation of Your Temple.

Aseih l'ma-an harisut mizb'checha.

Act for the sake of the devastation of Your Altar.

Aseih l'ma-an harugim al

Act for the sake of those killed for

sheim kodshecha.

Your holy Name.

Aseih l'ma-an t'vuchim

Act for the sake of those slaughtered

al yichudecha.

for Your Oneness.

Aseih l'ma-an ba-ei va-eish

Act for the sake of those who entered fire

uvamayim al kidush sh'mecha.

and water for the sanctification of Your Name.

Aseih l'ma-an yon'kei

Act for the sake of infants nursing

shadayim shelo chat'u.

at the breast who did not commit negative deeds.

Aseih l'ma-an g'mulei chalav

Act for the sake of the babies weaned from milk

shelo fash'u.

who did not transgress.

Aseih l'ma-an tinokot

Act for the sake of young children

shel beit raban.

at their teachers' school.

Aseih l'ma-an im lo l'ma-aneinu.

Act for the sake of if not for our sake.

Aseih l'ma-ancha v'hoshi-einu.

Act for Your sake and save us.

עֲשֵׂה לְמַעַן אַבְרָהָם

יִצְחָק וְיַעֲקֹב.

עֲשֵׂה לְמַעַן מֹשֶׁה וְאַהֲרֹן.

עֲשֵׂה לְמַעַן דָּוִד וְשְׁלֹמֹה.

עֲשֵׂה לְמַעַן יְרוּשָׁלַיִם

עִיר קֹדֶשְׁךָ.

עֲשֵׂה לְמַעַן צִיּוֹן

מִשְׁכַּן כְּבוֹדְךָ.

עֲשֵׂה לְמַעַן שְׁמֹת הַיְכָלְךָ.

עֲשֵׂה לְמַעַן הַרְיִסוֹת מִזְבִּיחֶךָ.

עֲשֵׂה לְמַעַן הַרוּגִים עַל

שֵׁם קֹדֶשְׁךָ.

עֲשֵׂה לְמַעַן טְבוּחִים

עַל יְחִוּדְךָ.

עֲשֵׂה לְמַעַן בָּאֵי בָּאֵשׁ

וּבַמַּיִם עַל קְדוּשַׁת שְׁמֶךָ.

עֲשֵׂה לְמַעַן יוֹנְקֵי

שָׁדַיִם שֶׁלֹּא חָטְאוּ.

עֲשֵׂה לְמַעַן גְּמוּלֵי חֶלֶב

שֶׁלֹּא פָשְׁעוּ.

עֲשֵׂה לְמַעַן תִּינוּקוֹת

שֶׁל בֵּית רַבֵּן.

עֲשֵׂה לְמַעַנְךָ אִם לֹא לְמַעַנֵּנוּ.

עֲשֵׂה לְמַעַנְךָ וְהוֹשִׁיעֵנוּ.



ANEINU

The verses of this prayer ask the Creator to answer us and relate to humility which assist in quieting our ego nature, which is what prevents the Light from flowing into our lives.

Aneinu Adonai aneinu.

Answer us, Hashem, answer us.

Aneinu Eloheinu aneinu.

Answer us, our Elohim, answer us.

Aneinu avinu aneinu.

Answer us, our Creator, answer us.

Aneinu boreinu aneinu.

Answer us, our Creator, answer us.

Aneinu go-aleinu aneinu.

Answer us, our Redeemer, answer us.

Aneinu dorseinu aneinu.

Answer us, You who search us out, answer us.

Aneinu ha-Eil hane-eman aneinu.

Answer us, the One who is faithful, answer us.

Aneinu vatik v'chamid aneinu.

Answer us, steadfast and kind One, answer us.

Aneinu zach v'yashar aneinu.

Answer us, pure and upright One, answer us.

Aneinu chai v'kayam aneinu.

Answer us, living and enduring One, answer us.

Aneinu tov umeitiv aneinu.

Answer us, good and beneficent One, answer us.

Aneinu yodei-a yetzer aneinu.

Answer us, Knower of inclinations, answer us.

Aneinu koveish k'asim aneinu.

Answer us, Suppressor of wrath, answer us.

Aneinu loveish tz'dakot aneinu.

Answer us, Donner of righteousness, answer us.

Aneinu melech mal-chei ham'lachim

Answer us, Sovereign over sovereigns,

aneinu.

answer us.

Aneinu nora v'nisgav aneinu.

Answer us, awesome and powerful One, answer us.

Aneinu solei-ach umocheil aneinu.

Answer us, You who forgives and pardons, answer us.

Aneinu oneh b'eit tzarah aneinu.

Answer us, You who answers in time of distress, answer us.

Aneinu podeh umatzil aneinu.

Answer us, Redeemer and Rescuer, answer us.

אֲנֵינוּ יְהוָה אֲנֵינוּ.

אֲנֵינוּ אֱלֹהֵינוּ אֲנֵינוּ.

אֲנֵינוּ אָבוּנוּ אֲנֵינוּ.

אֲנֵינוּ בּוֹרְאֵנוּ אֲנֵינוּ.

אֲנֵינוּ גּוֹאֲלֵנוּ אֲנֵינוּ.

אֲנֵינוּ דּוֹרְשֵׁנוּ אֲנֵינוּ.

אֲנֵינוּ הָאֵל הַנֶּאֱמָן אֲנֵינוּ.

אֲנֵינוּ וְתִיק וְחָסִיד אֲנֵינוּ.

אֲנֵינוּ זָךְ וְיָשָׁר אֲנֵינוּ.

אֲנֵינוּ חַי וְקַיִם אֲנֵינוּ.

אֲנֵינוּ טוֹב וְיָמֵטִיב אֲנֵינוּ.

אֲנֵינוּ יוֹדֵעַ יֵצֵר אֲנֵינוּ.

אֲנֵינוּ כּוֹבֵשׁ כְּעֵסִים אֲנֵינוּ.

אֲנֵינוּ לּוֹבֵשׁ צְדָקוֹת אֲנֵינוּ.

אֲנֵינוּ מֶלֶךְ מַלְכֵי הַמַּלְכִּים

אֲנֵינוּ.

אֲנֵינוּ נוֹרָא וְנִשְׁגָב אֲנֵינוּ.

אֲנֵינוּ סוֹלֵחַ וְמוֹחֵל אֲנֵינוּ.

אֲנֵינוּ עוֹנֶה בְּעֵת צָרָה אֲנֵינוּ.

אֲנֵינוּ פּוֹדֶה וּמַצִּיל אֲנֵינוּ.

Aneinu tzadik v'yashar aneinu.

Answer us, righteous and up-right One, answer us.

Aneinu karov l'kor'av aneinu.

Answer us, You Who are close to those who call upon You, answer us.

Aneinu shomei-a el evyonim aneinu.

Answer us, You who listens to the destitute, answer us.

Aneinu tomeich t'mimim aneinu.

Answer us, You who supports the wholesome, answer us.

Aneinu Elohei avoteinu aneinu.

Answer us, Elohim of our ancestors, answer us.

Aneinu Elohei Avraham aneinu.

Answer us, Elohim of Abraham, answer us.

Aneinu pachad Yitz-chak aneinu.

Answer us, Awesome One of Isaac, answer us.

Aneinu avir Ya-akov aneinu.

Answer us, Mighty One of Jacob, answer us.

Aneinu magein David aneinu.

Answer us, Shield of David, answer us.

Aneinu ezrat hash'vatim aneinu.

Answer us, Helper of the tribes, answer us.

Aneinu misgav imahot aneinu.

Answer us, Stronghold of the Matriarchs, answer us.

Aneinu oneh b'eit ratzon aneinu.

Answer us, You who answers in a time of favor, answer us.

Aneinu rachum v'chanun aneinu.

Answer us, merciful and gracious One, answer us.

Mi she-anah l'Avraham avinu

May the One who answered Abraham our father

b'har hamoriyah hu ya-aneinu.

on Mount Moriah, also answer us.

Mi she-anah l'Yitz-chak b'no

May the One who answered Isaac his son

k'shene-ekad al gabei hamizbei-ach

when he was bound on top of the altar,

hu ya-aneinu.

also answer us.

Mi she-anah l'Ya-akov b'veit eil

May the One who answered Jacob in Beth El,

hu ya-aneinu.

also answer us.

Mi she-anah l'Yoseif

May the One who answered Joseph

b'veit ha-asurim hu ya-aneinu.

in the prison, also answer us.

Mi she-anah la-avoteinu

May the One who answered our ancestors

al yam suf hu ya-aneinu.

at the Red Sea, also answer us.

עֲנֵנוּ צַדִּיק וַיָּשָׁר עֲנֵנוּ.

עֲנֵנוּ קָרוֹב לְקוֹרְאֵינוּ עֲנֵנוּ.

עֲנֵנוּ שׁוֹמֵעַ אֶל אֲבִיוֹנִים עֲנֵנוּ.

עֲנֵנוּ תוֹמֵךְ תְּמִימִים עֲנֵנוּ.

עֲנֵנוּ אֱלֹהֵי אֲבוֹתֵינוּ עֲנֵנוּ.

עֲנֵנוּ אֱלֹהֵי אַבְרָהָם עֲנֵנוּ.

עֲנֵנוּ פַּחַד יִצְחָק עֲנֵנוּ.

עֲנֵנוּ אַבִּיר יַעֲקֹב עֲנֵנוּ.

עֲנֵנוּ מָגֵן דָּוִד עֲנֵנוּ.

עֲנֵנוּ עֲזֵרַת הַשְּׁבָטִים עֲנֵנוּ.

עֲנֵנוּ מְשֹׁבֵב אֲמָהוֹת עֲנֵנוּ.

עֲנֵנוּ עוֹנֵה בְּעֵת רָצוֹן עֲנֵנוּ.

עֲנֵנוּ רַחוּם וְחַנוּן עֲנֵנוּ.

מִי שֶׁעָנָה לְאַבְרָהָם אָבִינוּ

בְּהַר הַמֹּרִיָּה הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְיִצְחָק בְּנוֹ

כְּשֶׁנֶּעְקַד עַל גִּבֵּי הַמִּזְבֵּי־אֵח

הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְיַעֲקֹב בְּבֵית אֵל

הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְיוֹסֵף

בְּבֵית הָאֲסוּרִים הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְאַבֹּתֵינוּ

עַל יַם סוּף הוּא יַעֲנֵנוּ.

Mi she-anah l'Mosheh b'choreiv

May the One who answered Moses in Horeb,

hu ya-aneinu.

also answer us.

Mi she-anah l'Aharon bamachtah

May the One who answered Aaron with the fire-pan,

hu ya-aneinu.

also answer us.

Mi she-anah l'Fin'chas b'kumo

May the One who answered Pinchas when he arose

mitoch ha-eidah hu ya-aneinu.

from amid the congregation, also answer us.

Mi she-anah l'Hoshu-a bagilgul

May the One who answered Joshua in Gilgul,

hu ya-aneinu.

also answer us.

Mi she-anah l'Sh-muel bamitzpah

May the One who answered Samuel in Mizpah,

hu ya-aneinu.

also answer us.

Mi she-anah l'David uShlomoh

May the One who answered David and Solomon

v'no Birushalayim hu ya-aneinu.

his son in Jerusalem, also answer us.

Mi she-anah l'Eliyahu

May the One who answered Elijah

b'har hakarmel hu ya-aneinu.

on Mount Carmel, also answer us.

Mi she-anah l'Elisha biricho

May the One who answered Elisha in Jericho,

hu ya-aneinu.

also answer us.

Mi she-anah l'Yonah bimei hadagah

May the One who answered Jonah in the bowels of the fish,

hu ya-aneinu.

also answer us.

Mi she-anah l'Hizkiyahu melech

May the One who answered Hezekiah Sovereign

Y'hudah b'chalyo hu ya-aneinu.

of Judah in his illness, also answer us.

Mi she-anah la-Chananyah Misha-eil

May the One who answered Hananiah, Mishael,

va-Azaryah b'toch kivshan ha-eish

and Azariah inside the furnace of fire,

hu ya-aneinu.

also answer us.

Mi she-anah l'Daniyeil b'gov

May the One who answered Daniel in the den

מי שענה למשה בחורב

הוא יעננו.

מי שענה לאהרן במחפתה

הוא יעננו.

מי שענה לפינחס בקומו

מתוך העדה הוא יעננו.

מי שענה ליהושע בגלגל

הוא יעננו.

מי שענה לשמואל במצפה

הוא יעננו.

מי שענה לדוד ושלמה

בנו בירושלים הוא יעננו.

מי שענה לאליהו

בהר הכרמל הוא יעננו.

מי שענה לאלישע ביריחו

הוא יעננו.

מי שענה ליונה במעי הדגה

הוא יעננו.

מי שענה לחזקיהו מלך

יהודה בחליו הוא יעננו.

מי שענה לחנניה מישאל

ועזריה בתוך כבשן האש

הוא יעננו.

מי שענה לדניאל בגוב

ha-arayot hu ya-aneinu.

of the lions, also answer us.

Mi she-anah l'Mord'chai v'Esteir

May the One who answered Mordechai and Esther

b'shushan habirah hu ya-aneinu.

in Shushan the capital, also answer us.

Mi she-anah l'Ezra bagolah

May the One who answered Ezra in the exile,

hu ya-aneinu.

also answer us.

Mi she-anah l'chol hatzadikim

May the One who answered all the righteous

v'hachasidim v'hat'mimim

and the devout and the wholesome

v'haysharim hu ya-aneinu.

and the upright, also answer us.

Rachamana d'anei la-aniyei aneinan.

Merciful One who answers the poor, answer us.

Rachamana d'anei lit-virei

Merciful One who answers those of broken

liba aneinan.

hearts, answer us.

Rachamana d'anei l'makichei

Merciful One who answers those of crushed

rucha aneinan.

spirit, answer us.

Rachamana aneinan.

Merciful One answer us!

Rachamana chus.

Merciful One have pity!

Rachamana p'rok.

Merciful One redeem!

Rachamana sh'ziv.

Merciful One save!

Rachamana r'cham alan,

Merciful One have mercy on us,

hashta ba-agala uvizman kariv.

now, swiftly and speedily may it come.

הַאֲרִיּוֹת הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְמֹרְדֵכַי וְאֶסְתֵּר

בְּשׁוּשַׁן הַבִּירָה הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְעֶזְרָא בַּגּוֹלָה

הוּא יַעֲנֵנוּ.

מִי שֶׁעָנָה לְכֹל הַצַּדִּיקִים

וְהַחֲסִידִים וְהַתְּמִימִים

וְהַיֹּשָׁרִים הוּא יַעֲנֵנוּ.

רַחֲמָנָא דְעָנִי לְעָנִי עֲנִינָן.

רַחֲמָנָא דְעָנִי לְתַבִּירִי

לְבָא עֲנִינָן.

רַחֲמָנָא דְעָנִי לְמַכִּיכִי

רוּחָא עֲנִינָן.

רַחֲמָנָא עֲנִינָן.

רַחֲמָנָא חוּס.

רַחֲמָנָא פְּרוּק.

רַחֲמָנָא שְׂזִיב.

רַחֲמָנָא רַחֵם עָלָן,

הַשְׁתָּא בְּעִגְלָא וּבְזִמָּן קָרִיב.

אתאנו לחלות

ATANU L'CHALOT

A vital step in removing negativity is to confront it. Through this prayer we face our own negativity.

Atanu l'chalot fanecha,

We have come to pray before You,

ki chesed v'emet y'kadmu fanecha.

for kindness and truth go before You.

Na al t'visheinu,

Please do not bring us to shame,

na al t'shivenu reikam mil'fanecha.

please do not turn us away empty handed from before You.

S'lach lanu ush-lach lanu

Forgive us and send us

y'shu-ah v'rachamim mim'onecha.

salvation and compassion from Your dwelling place.

Atanu l'vakeish mim'cha kaparah,

We have come to ask absolution from You,

ayom v'nora,

O feared and awesome One,

mis-gav l'itot batzarah.

strength in times of distress.

T'chayenu, t'chaneinu,

Give us life, grant us grace,

uvshimcha nikra.

and we shall call out Your Name.

S'lach lanu ush-lach lanu

Forgive us and send us

y'shu-ah v'rachamim mim'onecha.

salvation and compassion from Your dwelling place.

אתאנו לחלות פניך,

כי חסד ואמת יקדמו פניך.

נא אל תבישנו,

נא אל תשיבנו ריקם מלפניך.

סלח לנו ושלח לנו

ישועה ורחמים ממעונך.

אתאנו לבקש ממך כפרה,

אים ונורא,

משגב לעתות בצרה.

תחיינו, תחננו,

ובשמך נקרא.

סלח לנו ושלח לנו

ישועה ורחמים ממעונך.

שֵׁלֶשׁ עֶשְׂרֵה מִדּוֹת THIRTEEN ATTRIBUTES

The Thirteen Attributes reflect the thirteen different aspects of our relationship with the Creator. They also allow forgiveness to take place, through which our souls are purified.

Eil melech yosheiv

Elohim, Sovereign who sits

al kisei rachamim,

upon the throne of mercy,

mit-naheig bachasidut,

who acts with kindness,

mocheil avonot amo,

who pardons the negative deeds of Your people,

ma-avir rishon rishon,

who removes them one by one,

mar-beh m'chilah l'chata-im,

who abundantly grants pardon to those who do negative deeds,

uslichah l'fosh'im,

and forgiveness to transgressors,

oseh tz'dakot im

who performs acts of generosity with

kol basar varu-ach,

all beings of flesh and spirit,

lo ch'ra-atam tigmol.

not in accordance with thier wickedness do You repay them.

Eil, horeita lanu lomar

Elohim, You taught us to recite

sh'losh esreih,

the Thirteen Attributes,

z'chor lanu hayom b'rit

remember for us today the covenant

sh'losh esreih, k'mo shehodata

of the Thirteen Attributes, as You made known

le-anav mikedem,

to the humble one (Moses) in ancient times,

k'mo shekatuv,

as it is written,

Vayeired Adonai be-anav,

And Hashem descended in a cloud,

vayit-yatzeiv imo sham,

and stood with him there,

vayikra v'sheim Adonai.

and called out with the Name of Hashem.

Vaya-avor Adonai al panav vayikra:

And Hashem passed before [Moses'] face and proclaimed:

אֵל מֶלֶךְ יוֹשֵׁב

עַל כִּסֵּא רַחֲמִים,

מִתְנַהֵג בְּחַסִּידוֹת,

מוֹחֵל עֲוֹנוֹת עַמּוֹ,

מֵעֲבִיר רֵאשׁוֹן רֵאשׁוֹן,

מֵרַבָּה מְחִילָה לְחַטָּאִים,

וּסְלִיחָה לְפוֹשְׁעִים,

עוֹשֶׂה צְדָקוֹת עִם

כָּל בָּשָׂר וָרוּחַ,

לֹא כִרְעַתָּם תִּגְמּוֹל.

אֵל, הוֹרִיתָ לָנוּ לומר

שֵׁלֶשׁ עֶשְׂרֵה,

זְכוֹר לָנוּ הַיּוֹם בְּרִית

שֵׁלֶשׁ עֶשְׂרֵה, כְּמוֹ שֶׁהוֹדַעְתָּ

לְעַנּוֹ מִקֵּדָם,

כְּמוֹ שֶׁכָּתוּב,

וַיֵּרֶד יְהוָה בְּעַנָּן,

וַיִּתְּצֵב עִמּוֹ שָׁם,

וַיִּקְרָא בְשֵׁם יְהוָה.

וַיַּעֲבֹר יְהוָה עַל פָּנָיו וַיִּקְרָא:

We stand during the recitation of the Thirteen Attributes.

יהוה, יהוה,

Adonai, Adonai,
Hashem, Hashem,

אל, רחום, וְחַנוּן, אֶרֶךְ

¹⁾Eil, ²⁾rachum, ³⁾v'chanun, ⁴⁾erech
Eternal One, compassionate, and gracious, slow

אֲפַיִם, וְרַב חֶסֶד,

⁵⁾apayim, ⁶⁾v'rav chesed,
to anger, and abundant in kindness,

וְאֵמֶת,

⁷⁾ve-emet,
and truth,

נִצֵּר חֶסֶד לְאַלְפִים,

⁸⁾notzeir chesed ⁹⁾la-alafim,
preserver of kindness for thousands of generations,

נִשָּׂא עוֹן, וּפְשָׁע, וְחַטָּאָה, וְנִקָּה.

¹⁰⁾noseih avon, ¹¹⁾vafesha, ¹²⁾v'chata-ah, ¹³⁾v'nakeih.
Forgiver of iniquity, willful wrongdoing, and error, and who absolves.

וְסָלַחְתָּ לְעוֹנֵינוּ וּלְחַטָּאתֵינוּ וְנַחֲלָתָנוּ.

V'salachta la-avoneinu ulchatateinu unchaltanu.
May You forgive our iniquities and our wrongdoings and make us Your heritage.

זְכִילַת אַפִּים

PUTTING DOWN THE HEAD

This series of blessings is recited with the head down and resting on the left arm, preferably while seated. This act is based on the actions of Moses, Aaron, and Joshua, who would cast themselves down before the Creator when they were distressed.

Vayomer David el Gad,

And David said to Gad,

tzar li m'od,

I am exceedingly distressed,

nip'lah na v'yad Adonai,

Let us fall now into the hand of Hashem,

ki rabim rachamav,

for Whose mercies are abundant,

uvyad adam al epolah.

but into human hands let me not fall.

Rachum v'chanun, chatati l'fanecha,

O merciful and gracious One, I have transgressed before You,

Adonai malei rachamim,

Hashem Who is full of mercy,

racheim alai v'kabeil tachanunai.

have mercy on me and accept my supplications.

Adonai al b'ap'cha tochicheini,

Hashem in Your anger do not rebuke me,

v'al bachamat'cha t'yas'reini.

nor in Your wrath chastise me.

Choneini Adonai ki umlal ani,

Be gracious to me Hashem for I am feeble,

r'fa-eini Adonai,

heal me Hashem,

ki nivchalu atzamai.

for my bones shudder with fright.

V'nafshi nivchalah m'od,

And my soul is utterly frightened,

v'atah Adonai ad matai.

and You Hashem until when?

Shuvah Adonai chal'tzah nafshi,

Desist Hashem, release my soul,

hoshi-eini l'ma-an chasdecha.

save me for the sake of Your mercy.

Ki ein bamavet zichrecha,

For in death there is no mention of You,

bishol mi yodeh lach.

who in the grave will praise You?

וַיֹּאמֶר דָּוִד אֶל גַּד,

צָר לִי מְאֹד,

נִפְלֵה נָא בְיַד יְהוָה,

כִּי רַבִּים רַחֲמָיו,

וּבְיַד אָדָם אַל אֶפְלֵה.

רַחוּם וְחַנוּן, חָטָאתִי לְפָנֶיךָ,

יְהוָה מָלֵא רַחֲמִים,

רַחֵם עָלַי וְקַבֵּל תַּחֲנוּנָי.

יְהוָה אֵל בְּאַפְּךָ תוֹכִיחַנִי,

וְאֵל בְּחַמַּתְךָ תִּיְסָרֵנִי.

חֲנִינִי יְהוָה כִּי אֶמְלֵל אֲנִי,

רַפְּאֵנִי יְהוָה,

כִּי נִבְהָלוּ עַצְמִי.

וְנַפְשִׁי נִבְהָלָה מְאֹד,

וְאַתָּה יְהוָה עַד מָתַי.

שׁוּבָה יְהוָה חַלְצָה נַפְשִׁי,

הוֹשִׁיעֵנִי לְמַעַן חַסְדֶּךָ.

כִּי אֵין בַּמָּוֶת זְכָרְךָ,

בְּשֵׂאוֹל מִי יוֹדֵה לָךְ.

Yagati v'anchati,
I am wearied with my sigh,
 as-cheh v'chol lailah mitati,
I drench my bed every night,
 b'dimati arsi amseh.
I soak my couch with my tears.
 Ash'shah mika-as eini,
Dimmed because of fury is my eye,
 at'kah b'chol tzor'rai.
aged by all my tormentors.
 Suru mimeni kol po-alei aven,
Depart from me all evil-doers,
 ki shama Adonai kol bichyi.
for Hashem has heard the sound of my weeping.
 Shama Adonai t'chinati,
Hashem has heard my plea,
 Adonai t'filati yikach.
Hashem will accept my prayer.
 Yeivoshu v'yibahalu m'od kol oy'vai,
Let all my enemies be utterly shamed and counfounded,
 yashuvu yeivoshu ra-a.
may they regret and be shamed in an instant.

יִגְעָתִי בְּאַנְחָתִי,
 אֲשַׁחָה בְּכֹל לַיְלָה מִטָּתִי,
 בְּדִמְעָתִי עַרְשִׁי אֲמָסֶה.
 עֲשֵׂשָׁה מִכְעַס עֵינַי,
 עֲתָקָה בְּכֹל צוֹרָרַי.
 סוּרוּ מִמֶּנִּי כֹל פְּעֻלֵי אָוֶן,
 כִּי שָׁמַע יְהוָה קוֹל בְּכִי.
 שָׁמַע יְהוָה תְּחִנָּתִי,
 יְהוָה תִּפְלָתִי יִקַּח.
 יִבְשׁוּ וְיִבְהָלוּ מְאֹד כָּל אֹיְבָי,
 יָשׁוּבוּ יִבְשׁוּ רָגַע.

שומר ישראל

SHOMEIR YISRAEL

When we choose to transform our ego nature, we arouse the Creator's mercy and energy of protection over us.

Shomeir Yisrael,
O Guardian of Israel,
 sh'mor sh'eirit Yisrael,
safeguard the remnant of Israel,
 v'al yovad Yisrael,
and let not Israel be destroyed,
 ha-om'rim sh'ma Yisrael.
those who proclaim: Hear O Israel.

Shomeir go-i echad,
O Guardian of the nation that is unique,
 sh'mor sh'eirit am echad,
safeguard the remnant of the people that is unique,
 v'al yovad go-i echad,
and let not the nation that is unique be destroyed,
 ham'yachadim shimcha,
those who proclaim the Oneness of Your Name,

שׁוֹמֵר יִשְׂרָאֵל,
 שְׁמֹר שְׂאֵרֵי יִשְׂרָאֵל,
 וְאַל יֹאבֵד יִשְׂרָאֵל,
 הַאֹמְרִים שְׁמַע יִשְׂרָאֵל.

שׁוֹמֵר גּוֹי אֶחָד,
 שְׁמֹר שְׂאֵרֵי עַם אֶחָד,
 וְאַל יֹאבֵד גּוֹי אֶחָד,
 הַמְּיַחַדִּים שְׁמֶךָ,

Adonai Eloheinu Adonai echad.
Hashem our Elohim, Hashem is One.

Shomeir go-i kadosh,
O Guardian of the nation that is holy,
 sh'mor sh'eirit am kadosh,
safeguard the remnant of the people that is holy,
 v'al yovad go-i kadosh,
and let not the nation that is holy be destroyed,
 ham'shal'shim b'shalosh
those who proclaim three times the threefold
 k'dushot l'kadosh.
sanctifications to the Holy One.

Mitratzeh b'rachamim
You Who become favorable through compassion
 umitpayeis b'tachanunim,
and Who become conciliatory through supplications,
 hitratzeih v'hitpayeis l'dor ani,
be favorable and conciliatory to the generation that is poor,
 ki ein ozeir.
for their is no helper.
 Avinu malkeinu,
Our Creator our Sovereign,
 choneinu va-aneinu,
be gracious with us and answer us,
 ki ein banu ma-asim,
though we have no deeds which are worthy,
 aseih imanu tz'dakah
treat us with charity
 v'chesed v'hoshi-einu.
and kindness and save us.

יהוה אלהינו יהוה אחד.

שומר גוי קדוש,
 שמור שארית עם קדוש,
 ואל יאבד גוי קדוש,
 המשלים בשלוש
 קדשות לקדוש.

מתרצה ברחמים
 ומתפייס בתחנונים,
 התרצה והתפייס לדור עני,
 כי אין עוזר.
 אבינו מלכנו,
 חננו ועננו,
 כי אין בנו מעשים,
 עשה עמנו צדקה
 וחסד והושיענו.

ואנחנו לא נדע מה נעשה

VA-ANACHNU LO NEIDA MAH NA-ASEH

After having prayed in every possible manner: sitting, standing, and bowing down "we know not what we should do." We now plead to the Creator to hear us and have mercy upon us.

We stand after the word נַעֲשֶׂה (na-aseih).

Va-anachnu lo neida mah na-aseh,

We know not what we should do,

ki alecha eineinu.

therefore our eyes are upon You.

Z'chor rachamecha Adonai vachasadecha,

Remember Your mercies Hashem and Your kindnesses,

ki mei-olam heimah.

for they are eternal.

Y'hi chasd'cha Adonai aleinu,

May Your kindness Hashem be upon us,

ka-asher yichalnu lach.

just as we awaited You.

Al tizkar lanu

Do not recall against us

avonot rishonim,

the misdeeds of the ancients,

maheir y'kad'munu rachamecha,

swiftly may Your mercies advance to meet us,

ki dalonu m'od.

for we have become greatly impoverished.

Choneinu Adonai choneinu,

Favor us Hashem favor us,

ki rav savanu vuz.

for we are fully sated with contempt.

B'rogez racheim tizkor.

Amid wrath You should remember to be merciful.

Ki hu yada yitzreinu,

For You knew our nature,

zachur ki afar anachnu.

remember that we are but dust.

Azreinu Elohei yisheinu al

Assist us O Elohim of our salvation for

d'var k'vod sh'mecha,

the sake of the glory of Your Name,

v'hatzileinu v'kapeir al

rescue us and grant atonement for

chatoteinu l'ma-an sh'mecha.

our misdeeds for the sake of Your Name.

וְאַנְחֵנוּ לֹא נִדְעַ מַה נַּעֲשֶׂה,

כִּי עָלֵינוּ עֵינֵינוּ.

זְכוֹר רַחֲמֶיךָ יְהוָה וְחַסְדֶּיךָ,

כִּי מֵעוֹלָם הֵמָּה.

יְהִי חַסְדֶּךָ יְהוָה עָלֵינוּ,

כַּאֲשֶׁר יִחַלְנוּ לָךְ.

אַל תִּזְכֹּר לָנוּ

עֲוֹנוֹת רִאשׁוֹנִים,

מֵהֵר יִקְדְּמוּנוּ רַחֲמֶיךָ,

כִּי דָלוּנוּ מְאֹד.

חֲנֵנוּ יְהוָה חֲנֵנוּ,

כִּי רַב שָׂבַעְנוּ בּוֹז.

בְּרִגְז רַחֵם תִּזְכֹּר.

כִּי הוּא יָדַע יִצְרָנוּ,

זְכוֹר כִּי עָפָר אֲנַחְנוּ.

עֲזָרְנוּ אֱלֹהֵי יִשְׁעֵנוּ עַל

דְּבַר כְּבוֹד שְׁמֶךָ,

וְהַצִּילְנוּ וְכַפֵּר עַל

חַטֹּאתֵינוּ לְמַעַן שְׁמֶךָ.

קדיש שלם

KADDISH SHALEIM

The Ari revealed that the Full Kaddish has the power of twice Light. One of them is the Light within us all and the second Light is known as "Or Makif" or "surrounding Light". The Kaddish Shaleim is the tool which links these two Lights together.

Leader and participants say together that which is contained within { }.

Yitgadal v'yitkadash sh'meih raba.

Let the glory of the Eternal One be extolled.

{Amein.}

Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן}

B'al'ma di v'ra chiruteih,

In the world created according to the Eternal One's will,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

v'yatzmach purkaneih

and cause redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ,

וְיַמְלִיךְ מַלְכוּתֵיהּ,

וְיַצְמַח פְּרֻקְנֵיהּ

וְיַקְרִיב מְשִׁיחָהּ. {אָמֵן}

B'chayeichon uvyomeichon

In our lifetime and in our days

uvchayei d'chol beit Yisrael,

and in the lives of the entire house of Israel,

ba-agala uvizman kariv,

quickly and speedily may it come,

v'imru Amein. {Amein.}

and let us say amen. Amen.

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמַּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן}

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ul-al'mei al'maya.}

forever and ever.

יְיָהּ שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלַם וּלְעָלְמֵי עָלְמֵיָא.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and extolled and magnified

v'yitromam v'yitnasei v'yit-hadar

and hailed and exalted and honored

v'yit-aleh v'yit-halal

and glorified and praised

sh'meih d'kudsha {b'rich hu},

be the Holy One whose Name is blessed,

l'eila min kol birchata

who is beyond all blessings

v'shirata tushb'chata v'nechemata,

or songs or praises or words of consolation,

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָּא מִן כָּל בְּרַכְתָּא

וְשִׁירָתָא תְּשֻׁבְחָתָא וְנַחֲמָתָא,

da-amiran b'al'ma,
that can be uttered in this world,
 v'imru Amein. {Amein.}
and let us say amen. Amen.

Titkabeil tz'lot'hon uva-ut'hon
May the prayers and supplications be accepted
 d'chol beit Yisrael kadam
of the entire House of Israel before
 avuhon di vishmaya,
their Parent who is in heaven,
 v'imru Amein. {Amein.}
and let us say amen. Amen.

Y'hei sh'lama raba min sh'maya,
May there be much peace from heaven,
 v'chayim tovim aleinu,
and good life upon us,
 v'al kol Yisrael,
and upon all Israel,
 v'imru Amein. {Amein.}
and let us say amen. Amen.

Oseh shalom bimromav,
May the One who makes peace in the high heavens,
 hu ya-aseh shalom aleinu,
bring this peace upon us,
 v'al kol Yisrael v'al kol ha-olam,
and upon all Israel and upon all the world,
 v'imru Amein. {Amein.}
and let us say amen. Amen.

דְּאִמְרָן בְּעֵלְמָא,
 וְאִמְרוּ אָמֵן. {אָמֵן.}

תִּתְקַבֵּל צְלוֹתְהוֹן וּבְעוֹתְהוֹן
 דְּכָל בֵּית יִשְׂרָאֵל קָדָם
 אַבּוּהוֹן דִּי בְּשַׁמַּיָּא,
 וְאִמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
 וְחַיִּים טוֹבִים עָלֵינוּ
 וְעַל כָּל יִשְׂרָאֵל,
 וְאִמְרוּ אָמֵן. {אָמֵן.}

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,
 הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,
 וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,
 וְאִמְרוּ אָמֵן. {אָמֵן.}